



ANNUNCIATION CATHEDRAL HERALD



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APRIL 2009

MAY 28 2009

APRIL: THE CRUELEST MONTH; APRIL: THE MONTH OF OUR SALVATION

Anyone who has ever read T.S. Eliot's *The Waste Land* knows the source of the quote. It comes from that part of his work subtitled "The Burial of the Dead."

April is the cruelest month, (the poem goes) breeding
Lilacs out of the dead land, mixing
Memory and desire, stirring
Dull roots with spring rain.
Winter kept us warm,....

While the poem defies attempts to seek a single message, it conveys life's *pathos*, a sense of existential futility, and a picture of civilization that is surreal in that civilization has lost all purpose of being. More than two and a half millennia before Eliot, the Prophet Jeremiah spoke of the impending destruction of Jerusalem by the Babylonians. His words went unheeded by the people, who persisted in denial, and Jeremiah is told, "Pray no more for this people." (7:16) Yet, Jeremiah presses on. Introspective, pensive, and plaintive, he laments, "Why is it that the way of the ungodly prospers, that all that deal very treacherously are flourishing...how long shall the land mourn, and the grass of the field wither...for the wickedness of them that dwell in it?" (12:1, 4) (This part of Jeremiah is read in the Orthodox Church during the ninth hour on Great and Holy Friday.)

The essential difference between Eliot and Jeremiah, of course, is that the latter is engaged in a conversation *with God*, while the first describes a world where God is very distant (though, perhaps not non-existent, because Eliot was a deeply religious member of the Anglican Church). However, both describe a world irreparably broken, discordant and disconnected, just that some people refuse to see it: the foil in the poem is looking back..."Winter kept us warm..." and in the prophecy that "the princes of my people have not known me...(Jeremiah 4:22). The modern stage, described by Eliot and Jeremiah (*mutatis mutandis*), all too real to us, who are living with economic uncertainty, institutional and corporate betrayal, universal class strife, regional wars

threatening to become global, and the looming climate of personal and national insecurity, not to mention global warming and the consequences of radical climate change, all of this, was annihilated 2,000 years ago by the event which changed the world, the event of the Resurrection of Christ.

The Resurrection took place during the month of Nisan (roughly equivalent to our April). Great and Holy Friday that year fell on the thirteenth (hence "Friday the 13th"). The Resurrection took place that Sunday. As the oldest of the Gospel account has it—the Gospel according to Mark, which is read on Pascha—several women went to the place of Jesus' burial early Sunday morning to complete the anointing of the body, since the burial took place hastily on Friday. According to Jewish law, it had to take place before sundown. And, of course, they could not go to the tomb the next day, the Sabbath day. So, off they went on Sunday morning, at dawn, wondering, along the way, how they were going to get into the tomb to complete the burial rite (a stone had sealed the entrance to the tomb). When they got to the tomb, the stone had already been rolled away. They entered the tomb (probably a cave or an opening carved into the rock) and "they saw a young man clothed in a long white robe sitting on the right side; and they were alarmed. But he said to them, 'Do not be alarmed. You seek Jesus of Nazareth, who was crucified. He is risen! He is not here. See the place where they laid Him. But go, tell His disciples, and Peter, that He is going before you into Galilee; there you will see Him, as He said to you.' So they went out quickly and fled from the tomb, for they



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trembled and were amazed. And they said nothing to anyone, for they were afraid." (Mark 16:5-8) (This is how the Gospel according to Mark ends, in the oldest manuscripts.)

The icon located at the top of the page depicts the Resurrection, as described in Mark's Gospel. Notice the details. The description of fear. The bidding of the young man, taken to be an angel, that is, a messenger, "Go, tell His disciple..." The description of amazement. The natural reaction of flight. Were it to end there, we would, most likely, have had no Gospel. Everything would have ended in paralysis. But, the later additions to Mark, along with the other Gospel accounts, suggest an "explosion" took place. Within a generation, which is when the Apostle Paul writes, the Good News of the Resurrection had spread throughout the Roman Empire. There were Christians, not only in Jerusalem, but in Antioch, in Corinth, in Ephesus, in Macedonia, in Cyprus, in Crete, in Rome. People who heard the message, and who came to believe that God did indeed, come in the flesh. That in these latter times God-in-the-flesh,

that is, Jesus Christ, was crucified, He died, was buried, and was raised up from the dead, in the flesh, thereby annihilating the "sting" of death, and transforming the dysfunction described by Eliot and Jeremiah into redemption and salvation. The "waste" land is transformed into the "land of milk and honey." And our human brokenness is restored to wholeness. This is the message of Pascha. Creation is not only restored; it is sanctified and empowered. The closing lines of the Gospel according to Mark describe post-Resurrection appearances by Christ, to the women who attended to His burial, to others, and, lastly, to the disciples. To them He said "Go into all the world and preach the Gospel to every creature. He who believes and is baptized will be saved; but he who does not believe will be condemned... And they went out and preached everywhere..." (Mark 16:15-16, 20). Because of the Resurrection, April becomes the most enabling of months. And no message becomes more powerful than the two words which are spoken thousands of times over the next forty days: *Christos Anesti! Christ is Risen!*

MELINA KOSTOURAKIS NAVARETTE NAMED WOMAN OF THE YEAR

One of the Cathedral's many wonderful traditions is the naming of a Woman of the Year. This is done at the March 25th luncheon, which follows the Annunciation Feast Day Liturgy. This year, Melina Kostourakis Navarette, a hard working member of the Cathedral, was selected. Melina can often be seen working away in the Cathedral's Philotochos kitchen.

Melina was born in El Paso, Texas. Her father is Hispanic and her mother is Greek. Melina has two other sisters and one brother, all of whom live in southern New Mexico and West Texas. After graduating from high school, Melina went on to study cosmetology. In 1981, she moved to Oakland, California and, a year later, moved to San Francisco. It was then that she began worshiping at the Annunciation Cathedral. While she remembers the old church (which was demolished as a result of damage sustained during the 1989 Loma Prieta Earthquake), Melina did not become as active as she has been in recent years, until 1998. It is then that she began helping in the kitchen. She is admired by everyone for her hard work. No task is too hard for her. Her dream is to see the church rebuilt. Now that the decision has been made to rebuild the church on our present site, Melina should get her wish. We congratulate Melina on the occasion of being named Woman of the Year. *Axia!*

GODPARENT'S SUNDAY APRIL 5

Every year, the Cathedral sponsors "Godparent's Sunday," a special time when Godparents "bring" their Godchildren to church and receive Holy Communion together. It is a way of strengthening the bond between Godparents and their Godchildren, i.e. the first and Holy Sacrament known as Baptism (along with Chrismation and First Holy Communion, which are administered at the time of Baptism). It is also a way of preparing for our journey into the events of Holy Week and Pascha. We usually designate Godparent's Sunday as the Sunday before Palm Sunday. This year, Pascha falls on April 19. Palm Sunday falls on April 12 and Godparent's Sunday falls on April 5. Following the Divine Liturgy, the Cathedral's Stewardship Committee offers a light Lenten luncheon. The Stewardship Committee will do so again this year. It is asking for assistance, however. If you are able to help with the luncheon in any way, either by helping cook or serve, you are asked to contact **Gus Vouchilas**, our Stewardship Chair, at 650 756-344. We look forward to another successful Godparent's Sunday.

FIRST 2009 PARISH ASSEMBLY CONVENES, CHARTS COURSE FOR THE CATHEDRAL'S FUTURE

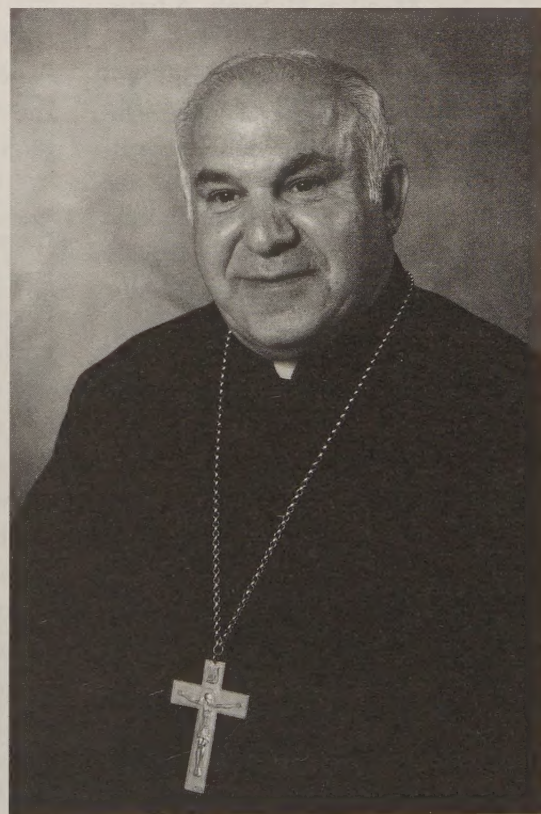
Ninety-three parishioners in good standing signed in and participated in the Cathedral's first 2009 Parish Assembly, which was convened following the Divine Liturgy on Sunday, March 15. **Tom Nuris** was elected Assembly Chair. Following the reading and approval of the minutes of the October 19, 2008 assembly, **Jim Vorrises** offered the Treasurer's Report. Stewardship and Youth Reports were also offered. Notable is that, while we are facing a serious economic recession, stewardship has increased for 2009, to over \$300,000, for the first time. At the same time, our youth programs are expanding. In addition to basketball, dance, Greek and Eritrean Schools, Sunday School, and Summer Camp, they include JOY, GOYA and Young Adults Groups, which are now meeting on a monthly basis. The Assembly also heard an update on the plans to rebuild the Cathedral church and provide underground parking. Essentially, the report is summarized in the March *Herald*. The schematic design was laid out for Assembly members

to view. **Bill Tonas**, **Annette Chiappari** and **Anthony Ambus** were elected to the Nominating Committee and will serve as the Board of Elections, once the names of Parish Candidates are placed in nomination at the October, 2009 Parish Assembly. (The elections will take place Sunday, December 13, 2009.) **George Mattis**, **Christine Hay**, and **Angie Leventis** were elected to the Board of Auditors. Meanwhile, in addition to **Father Stephen** and **Tom Nuris**, **James Dariotes** and **James Vorrises** were elected to represent the Cathedral at the Metropolis Clergy Laity, which will take place at the St. Nicholas Ranch and Retreat Center May 4th and May 5th. The receipt of Building Fund donations in excess of \$250,000 was noted, well in advance of the formation of a capital campaign, as well as the fact that the luncheon on March 29, marking the 50th anniversary of **Father Gregory Ofiesh's** ordination to the Priesthood has completely sold out, with 550 people attending. All this bodes well for the future of the Annunciation Cathedral parish.

AXIOS! FATHER GREGORY'S LUNCHEON A SELL-OUT

550 parishioners of Annunciation Cathedral, St. Nicholas Antiochian Orthodox Church, and elsewhere, assembled on Sunday, March 29 to pay tribute to **Father Gregory Ofiesh** on the occasion of his 50th anniversary to the Priesthood. **Father Gregory** was ordained on March 29, 1959 and was assigned in 1964 as Pastor of St. Nicholas. During his long tenure, he rebuilt the Church of Saint Nicholas and founded other Antiochian Orthodox area parishes. He established complete Sunday School programs, summer camps, teen and senior youth organizations, sports programs and cotillions for the young ladies. In addition, he served the region and the Archdiocese as spiritual advisor for the national youth organization. On a greater and more civic dimension, he reached out to teens by establishing a series of group homes to serve the community at large. Finally, a day care center was developed at St. Nicholas to assist working parents. This proved to be a vital asset to the church as a whole. Upon his retirement as Pastor of Saint Nicholas, **Father Gregory** came to the Annunciation Cathedral, where he serves with **Father Stephen**, while also tending to his family business.

Following **Father Gregory's** celebration of the Divine Liturgy of St. Basil the Great (which is celebrated on Sundays during the Great Lent), on March 29, parishioners and friends of **Father Gregory** gathered in the Kytherian Room for a reception and, subsequently, in its Korinthias Hall for the luncheon. **His Eminence Metropolitan Gerasimos of San Francisco** offered the invocation and spoke about **Father Gregory** as "the essential priest." A musical tribute was offered by **Alexandra Kallas**. The St. Nicholas Antiochian Orthodox Church Youth Groups offered a dance tribute, as did the Cathedral's dance groups—*Spithes*, *Seizmos* and *Ekrixi*. A video tribute, tracing Father Gregory's life and ministry, followed.



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Then, **Angie Leventis**, President of the Cathedral Ladies Philoptochos, presented **Khourieh (Presbytera) Mary Jane Ofiesh** with a bouquet of long stemmed roses. **Father Nicholas Borzghol**, Pastor of St. Nicholas, presented **Father Gregory** with a pectoral cross, on behalf of the parishioners of St. Nicholas, and **Father Stephen Kyriacou** presented **Father Gregory** and **Khourieh Mary Jane** with a cruise of the Mexican Riviera, on behalf of the parishioners of the Cathedral. Visibly moved, **Father Gregory** thanked all those who gathered to honor him, noting that his retirement years are proving to be the most meaningful part of his priestly life. Joining **Father Gregory** and **Khourieh Mary Jane** were their children, **Nicholas, Nicole, Raymond**, and **Michael**, their granddaughter, **Mary Jane Peters**, **Father Gregory's** brother **Albert Ofiesh** and his sister **Minnie**. The **Honorable Kamel Ayoub**, Consul General of Jordan, **Marilyn Habeeb**, Administrative Assistant to **Father Gregory** for many years, along with **Rabbi Stephen Pearce**, Ph.D., of Congregation Emmanuel, **Father Dusan Bunjevic**, retired Pastor of Saint John the Baptist Serbian Orthodox Church, and **Deacons Nicholas Adranly** of St. John's Antiochian Orthodox Church in Orinda, **Spyridon Jahje** of St. George Orthodox Church, and **Nikos Bekris** of the Cathedral and the Metropolis of San Francisco, and their wives, were also in attendance.



BUILDING NEWS

CATHEDRAL RECEIVES ANONYMOUS GIFT OF \$200,000, \$150,000 FROM CATHEDRAL PHILOPTOCHOS, \$10,000 FROM ARIADNE CHAPTER OF PAN CRETANS

Even before building committees are named, the Cathedral Building Fund received an anonymous gift in the amount of \$200,000, \$10,000 from the Ariadne Chapter of the Pan Cretan Association of America, and two gifts, one in the amount of \$90,000 and one in the amount of \$60,000, from the Cathedral Ladies Philoptochos. The Philoptochos will formally present their gift in church at the conclusion of the Divine Liturgy following Pascha. All this speaks volumes about the support shown for the rebuilding of the Cathedral church, along with much-needed on-site parking, on the Cathedral's site at 245 Valencia Street, San Francisco.

Meanwhile, the Parish Council, at its meeting March 18, named the following committees, which will be staffed by volunteers over the next few months, and whose responsibility it will be to oversee aspects of the building project. The committees are: 1. FINANCE (this committee will record the income from the capital campaign as well as keep track of the expenditures relative to the project). 2. FUND RAISING (this committee will plan and carry out a capital campaign to raise the money which will be needed to fund the project). 3. PUBLIC RELATIONS (this committee will promote the project both within the community, utilizing the *Herald* or a separate publication, the Cathedral's web site, as well as other technologies, and outside the community, as the local press, radio and television, and publications as the *Hellenic Journal* and the *Orthodox Observer*). and 4. BUILDING COMMITTEE (this committee will interact with the Architect, the Contractor, and the various engineers and consultants to the project).

As the present project is in actuality phase two of the one begun in 1993, in the aftermath of the Loma Prieta Earthquake, completing the Cathedral's ancillary facilities, the schematic plans drawn at that time for the new church and below grade parking are simply being updated. Currently, we have engaged a soils engineer, and are preparing to interview potential contractors. The contractor will work closely with the architect as move into the design development stage and submit the plans to the City for review and, hopefully, approval. Meanwhile, the schematic design has been transferred to Revit, a computer program which allows us to view the building in a "three-dimensional" way. Once the design has been fine tuned and the cost can be determined, all of this will be put in the form of a proposal to the Cathedral membership. Parishioners will then have the opportunity to indicate their approval of the project, in the context of a Parish Assembly. We project that this will take place some time in September, 2009. If all goes well, we should be able to begin construction during the middle part of 2010, with completion of construction toward the end of 2011. May God guide our steps, as we undertake this historic and very exciting project, to the glory of His Name.



BYZANTINE MAP OF CONSTANTINOPLE, 15th century, from the Vatican Museums. Reproduced by permission of the Vatican Museums. Scale: 1:100,000.

Shown above is a medieval map of Constantinople (now modern day Istanbul), which served as capital of the Byzantine Empire, from its founding in 330 A.D., until its fall to the Ottomans in 1453 A.D. Note the various domed buildings. They are churches. The one in the lower central portion, on the right, is Haghia Sophia, built in the middle of the 6th century. Until the building of the present St. Peter's Basilica in Rome, for 1,000 years Haghia Sophia was the largest church building on earth.

BOGOMIL SABTCHEV TO CHANT AT THE CATHEDRAL FOR HOLY WEEK AND PASCHA

Each year, the Cathedral endeavors to sponsor an assistant chanter, to assist with the Holy Week services. This year, that individual is Bogomil Sabtchev, a student at Hellenic College/Holy Cross School of Theology, located in Brookline, MA. Bogomil was born in 1978 in the town of Kazanlak. The strongest influences on his early upbringing were played by his grandparents. His grandfather taught him math, while his grandmother took him to church and boldly (recall, Bulgaria was a communist atheistic country then) had him baptized. As he grew up, Bogomil stopped going to church, having adopted the anti-Christian philosophy of Nietzsche and other atheistic philosophers. At the age of twenty, he emigrated to the United States, where

he began spending time, perchance (divine providence?) with Christians. On the Sunday of the Veneration of the Holy Cross (it was the third Sunday of the Great Lent), Bogomil was "converted" upon hearing the words of the Gospel: "Whoever will come after me, let him deny himself, take up his cross, and follow Me." For, whoever will save his life shall lose it; but whoever shall lose his life for My sake and the Gospel's, the same shall save it. For what shall it profit a man, if he shall gain the whole world, and lose his own soul?" (Mark 8:34-36).

Two years later, Bogomil enrolled in Hellenic College. He was advised: "Study classics, learn ancient Greek and Latin—they will help you in your theological studies." He is now working on his Th.M. degree and

realizes the soundness of the advice. For four years he focused on ancient Greek and on Byzantine music, which he loved. Even before understanding the text, he was transformed by the music whenever he went to a Greek Church. "It seemed the music itself with its smooth melody and calming rhythm carried the grace and sanctify of its holy composers," he recalls. He became assistant cantor at St. John the Baptist Greek Orthodox Church in Boston. For the past two years he was engaged by Holy Cross Greek Orthodox Church in Middletown, NY to be their main cantor for Holy Week. This year, we will have the joy of welcoming Bogomil to the Annunciation Cathedral, where he will chant for our Holy Week and Pascha services.

THANK YOU TO THE DONORS OF THE NEW DIVINE LITURGY BOOKS

People may be interested in how we came by replacing the Divine Liturgy books. Some months ago, **Tom and Liberty Nuris** called about making a donation in memory of Lib's parents. They wanted to earmark the money for a specific purpose. **Father Stephen** suggested replacing the old, worn books, now 22 years old. They agreed. However, no one knew the books were out of print. We spoke with **Dr. Peter Kallelis** of Ecumenical Publications. He, in turn, spoke with the company in Greece that printed the updated version of the old books. The company informed us that the minimum number of books they could print was 500. Dr. Kallelis agreed to buy 200, if we bought the other 300. We agreed to do so. Meanwhile, with the drop of the dollar against the euro, the price climbed. We were offered a choice of single color verses two colors and a better binding. We opted for the two colors and the better binding. We expected to receive them by Christmas, 2008. However, printing and shipping snags caused another two months delay. Finally, the books arrived in the Port of Oakland. **Dr. Kallelis** called to say he was charged duty in excess of 30% of the value of the books he purchased. We thought, "oh, no, that will raise the cost of each book by almost \$7, or about \$2,000 extra for all the books.. However, through the efforts of **Paul Sogotis**, customs cleared them as "religious items," (which they are) and, thus, the extra expense was avoided. Thank you, Paul, for your contribution to this effort.

We thank the Nuris family, for starting the book replacement project and for its donation of 125 books, the Cathedral Ladies Philoptochos for their donation of 150 books, **Tom and Eleni Karas**, for their donation of 25 books, **Helen Sooklaris**, for her donation of 10 books, **Mr. and Mrs. Justin Kyriacou**, for their donation of 5 books, **Louis and Panagiota Haras**, for their donation of 5 books, **Georgia Vouchilas**, for her donation of 5 books, **Bashar Nashawati and Rawd Samaan**, for their donation of 2 books, **Deacon Nikos and Stella Bekris**, for their donation of 1 book, and **Zeray Weldezghi**, for his donation of 1 book. We thank our parishioners for their generosity. Needless to say, we ask that the new books be treated with TLC, so that they may last us for another 22 years, and beyond. Thank you.

CLINICAL TRIAL APPLICATION FOR GALNS FOR MORQUIO A SYNDROME ACCEPTED BY THE MHRA

BioMarin Pharmaceutical Inc., located in Novato, CA, announced recently that its application for clinical trial authorization (CTA) for BMN 110 or N-acetylgalactosamine 6-sulfatase (GALNS), intended for the treatment of the lysosomal storage disorder Mucopolysaccharidosis Type IVA (MPS IVA), or Morquio A Syndrome has been accepted by the United Kingdom Medicines and Healthcare Products Regulatory Agency (MHRA). BioMarin expects to initiate a Phase ½ clinical trial in the next few weeks. The full story can be viewed at www.bmrn.com. One of Annunciation's youngest parishioners has been afflicted with Morquio A Syndrome. A movement, known as "Ariana's Cure," has been established by her family and friends. A fund raising event, held at the Cathedral, brought in over \$100,000, which was given to the researchers. Our prayers continue to be with Ariana and all the children afflicted by this disease, as well as those who are battling to find a cure. The fact that clinical trials have begun is, indeed, very promising news.

Do not refuse a request to pray for the soul of another, even when you yourself lack the gift of prayer. For often the very faith of the person making the request will evoke the saving contrition of the one who is to offer the prayer.

Saint John Climacus
Sixth Century,
Mount Sinai

YOGA AFTER CHURCH

TAUGHT BY
MARIA ALLEN



We will begin with safe, easy poses, calming breathing, and relaxation techniques. As we progress, I will add more interesting and challenging poses. Classes will be for all levels of experience.

- Bring your comfortable clothes to change into after church. We will practice in bare feet.
- Have a light snack if you have not eaten breakfast, otherwise do not eat before class.
- Bring a yoga mat if you have one. I have a few mats that can be borrowed.
- Be on time so we can start and end on time. Coming late is disrespectful to the rest of the class. Also, warming up is important for you to safely participate in the class.
- Plan to stay for the whole time. Leaving before the end is distracting to others and deprives them and you of valuable relaxation time.

Dates: April 5th, 26th, May 3rd, 17th, 31st

Time: 1:00 – 2:00

Place: Upstairs in the Library

Cost: Suggested donation of \$7.00 to \$10.00, (a portion to be donated back to the church.)

Yoga is non-competitive and should be practiced at your own pace. Variations of poses will be given for you to work within your comfort level. Participants will be asked to sign a waiver.

I am not certified to teach prenatal yoga. For your safety, and that of your child's, please do not take this class if you are pregnant.

Prayer is the strength of the body,
The prosperity of the household,
The good order of the city,
The might of the Kingdom,
The victory in war, the security in peace,
The unity of those divided,
The constancy of those united.

Saint Gregory of Nyssa
Fourth Century

HISTORICAL SOCIETIES TO HOST WORKSHOP AT THE CATHEDRAL

The Metropolis of San Francisco and the Historical Societies of San Francisco and Oakland will present an interactive workshop on the importance of preserving family histories. The workshop will take place at the Annunciation Cathedral, San Francisco, on Saturday, May 2, 11 a.m. to 5 p.m. Historical photographs will also be on display. Meanwhile, the Annunciation Cathedral has announced the creation of a Museum of Hellenic Origins, along with the building of the Cathedral church on its present site at 245 Valencia Street. Books will be available for sale. Light refreshments will be served throughout the day. A donation of \$5 (or more) is suggested, to help defray costs. Genealogy research in the United States and in Greece, the use of photography and video, and the best techniques for creating and storing photo albums, digital albums included, will be covered. The committee is thrilled to announce that authors **Jason Mavrovites**, **Irene Kacandes**, and **Carol Jensen** will be attending. Their books will be available for purchase and they will sign books purchased that day. A representative from the Consulate General of Greece in San Francisco will be speaking on genealogy research in Greece. **Karyn Kambur**, a professional archivist, will be speaking on the preservation of photographs and video. A full day, not to be missed! For more information, please contact **Jim Lucas**, jim@loukas.com, or **Mary Mousalimas**, mkmahc26@aol.com.

THE CATHEDRAL'S HONOR ROLL OF STEWARDS

In our March *Herald*, an article appeared entitled Yes, it is about stewardship. There we listed all those who submitted a 2009 Pledge Card. This month we reprint the names of those stewards, as well as those active members of the Cathedral who opted to have their pledges "rolled over," that is, their 2009 Pledge is the same as their 2008 Pledge. All of these, which make up the active Cathedral family, comprise the Cathedral's **Honor Roll of 2009** Stewards. Their support is gratefully acknowledged.

Gebremedhin & Zewdi	Eleni Larissopoulos Carter	Georgia Evangelatos	Andrew N. Karanicolas
Tesfamicael Abraha	Mary Castro	Dimitrios and Mary Fanourgiakis	Angelus Karas
Azeb Afework	Steve G. Chapralis	John Fanourgiakis	Bill Karas
Woldu Yohannes Adal	Mr. and Mrs. James Chiappari	Mr. and Mrs. Steve Flynn	Chris J. Karas
Demetria Aleck	Philip and Annette Chiappari	James F. and Carol S. Fotenos	Denis and Evie Karas
Patricia Aleck	Yvonne Chiappari	Mr. and Mrs. Vlasis Fousekis	Joanna Karas
Maria and Andrew Allen	Jim and Luba Cocoles	Charalabos and Marianthe Fragakis	Kathy Karas
Dr. George Ambadiotakis Ambus	Stanley Cocoles	Gus and Helen Franco	Tom and Eleni Karas
Dr. Toni Ambadiotakis and James Warren	Anastasia Contakos and Stefan Schulz	Mr. and Mrs. Michael Franco	Jimmy and Amalia Kardassakis
Anthony and Zetta Ambus	Christopher Contos	Ilias Frangos	Mr. and Mrs. George L. Karkazis
Charles Ambus	George Contos	Angelike Galanis	Alexis Karsant
Tessa Ambus	George Copulos	Brian and Eugenia Panomitros-Gardner	Dr. and Mrs. Constantine Karsant
Theodore and Jean Angelopoulos	Stephen Costakis	David and Kathie Garibaldi	Dr. and Mrs. George Karsant, Jr.
Toula Angelopoulos	Katherine Costopoulos	Michael Garibaldi	George Karsant, III
Mr. and Mrs. Ron Apostolopoulos	John A. Coundouris	Theodore Gazulis	Mary Kasaris
Lambrini Arestis	John and Vivian Curd	Lemlem Gebrat	Michael and Stella Kasolas
Ackie Argyres	Nan Cusulos	Mrs. Toula Georgatos	Gari Katsanis
Agapi Arvanitellis	Elli and James Dakis	Nicko M. Georgatos	James and Joanne Kavalaris
Peter T. Arvantly and Julie Cedrone	Athan and Marguerite Dalianes	John P. and Kay George	Ogabai Kidane
Chrisula Asimos	Manolis Darzins	Sam F. George	John Kiladis
Mr. and Mrs. Steve Asprogerakas	Mitchell and Ethel Davies	Mr. John Georgiades	Mr. and Mrs. George Kintis
Philip and Dalia Athanasiades	Giovanna-Maria De-Simone	Anastasia Georgiou	Demetra Kintis
Angie M. Augustus	Christina Decker	Maria Georgiou	Demetrius and Paula Kitses
Maritsa Irene Avdoulos	George Dekaristos	Nicole Georgiou	George K. Koche
J. Steven and Antonia Bach	John and Anastasia Dekaristos	Steve and Toula Giranis	Despina Nick Kokalis
Anthony P. Bagatelos III	Mr. and Mrs. Evangelos Dekaristos	Dean and Ysaira Givas	Aristotle and Janine Kolokithas
Emily Bagatelos	Nicholas and Stephanie Delis	Joanne and Constantine Glafkides	Dr. and Mrs. Steven Kolokithas
Karen Bagatelos	Pearl Delis	Stanley Glaros	Deno and Bella Konstantinidis
Michael Bagatelos	George D. Demakas	Yota Gofas	Mary Kontis
Peter A. and Ann H. Bagatelos	Irene Denucci	Bonnie Grampas	Nicholas C. Kontis
Annamarie and Robert Balian	Charlotte Derdevanis	Daniel and Juanita Grampas	Mr. and Mrs. Andreas Kontonis
Nicholas M. Balian	Katherine Dermitzakis	Elias D. Gulema and Senait Abraha	Mr. and Mrs. Nick Kontonis
Mary Ballas	Patricia Destein	John and Janice Gumas	Paul and Irene Kosaris
John and Kathleen Bardis	Andrew and Nada Blasuto	Mr. and Mrs. George Gumas	Alexandra Kostoulas and Theodore Andersen
Constantine Barlas	Dimitriou	Bryan and Paula Pleasas Hall	Mr. and Mrs. Leo Paul Koulos
Michael and Mary Bazigos	Steve Doukas	Stavroula Hamberis	Evelyn Koupas
Dn. Niko and Mrs. Stella Bekris	Evangelina Drake	Peter Haramis	Elaine Kourkoutakis
Barbara Biagas	Joanne Drogitis	Katerina Haras	Lee Anthony Kourtoglou
Maria Bissas	Mr. and Mrs. Themis Drolapas	Louis and Panagiota Haras	Mr. and Mrs. George Kourtoglou
Frank and Hariklia Boone	Mr. and Mrs. Kurt Duecker	Charles and Sonia Hardtke	Angelo and Victoria Koutoulas
Jim and Florika Bozionelos	Michael Patrick Dwyer	Patrick Hillas	Chrisoula Koutoulas
Pete Bozionelos	Nicholas and Janine Economides	Vicki Holloway	Dina Koutoulas
Peter D. Bratis	Philip and Nancy Economopoulos	Mrs. Katherine Johns	Gus P. and Stephanie Koutoulas
Georgia S. Callas	Katie Efstratis	John and Christina Johns	Panagiota Koutoulas
Denis Spyridon Calofonos	John and Annette Eliopoulos	Katherine Kakos	Pete and Voula Koutoulas
Mr. and Mrs. John Calofonos	Denise and Paul Eliopoulos	John and Kristina Kallas	Helen Koutsakis
Toula Caloyianides	John Eliopoulos, Jr.	Louise Kallas	Georgene and Bill Kormydas
Michael and Ellen Canellos	Louie Eliopoulos	Tula D. Kallas	Chris and Irene Kyriacou
Louis and Caitlin Davis Canotas	Peter John Eliopoulos	George N. Kalligeros	Justin and Afroditi Kyriacou
Marie Cardellini	Dr. Anthony E. Elite	Maria Kalligeros	Rev. Stephen and Vasiliki Kyriacou
	Christiana Elite	Anna Kapetanakos	Tatiana Kyriakides

Clarence Lagares	Anastasia and David Neeve	Nicholas and Patty Rally	George and Eleni Tsagaris
Eugenia Lagios	Afroula Nichols (Dec'd.)	Mr. and Mrs. Louis Rangaves	Asimina Tsatsaronis
Angelina Lamé	John Nichols	Dorothy Riedel	Sophia Tsatsaronis
Frances Lampres	Vasso Nichols	Loys and Constantine Rodatos	Mr. and Mrs. Spiros Tsifourdaris
Katherine T. Lampros	Helen Nicklas	J. Ward and Barbara Rotter	Mr. and Mrs. Demetrios Tsokas
John and Magda Lampros	Nick Nicklas	Valerie and Dimitri Roumeliotes	Athena Tsougarakis
Robert Larson	Michael and Helen Nicolas	John J. Sahpazis	Mary C. Tsougarakis
Patricia Lazarakis	Nick and Maryanne Nicolas	Kristen Sakallaris	Roxane Tsougarakis
Tom Lazarakis	Rita Nicolas	Billie Salevouris	Nicholas and Vasiliki Tzafopoulos
Loula Lekas	Eugenia Nobis	George and Demetra	Mrs. Loula Tzekos
Theodore and Angie Leventis	Dustin C. and Chrisoula	Panomitros Salles	James and Heidi Tzortzis
Emanuel Leventis	Bissas Novo	Emily Zoe Sarantakis	Konstantinos Vafiadis
Elena O. Lingas	Manuel and Teia Nuris	George K. Sarantitis	Mrs. Irene Vafiadis
John and Effie Loufas	Tom and Liberty Nuris	Dr. Stephen N. Saribalís	Irene E. Valos
Filippa Lougaris	Bob and Pauline Oetzel	Mr. and Mrs. Mike Sarikakis	Mrs. Irene A. Valos
Bob and Lea Lyberopoulos	Alexander and Lula Ossipoff	Mr. and Mrs. Tracy Sarikakis	Nick and Terpsi Varanis
Effie G. Makras	John and Sophia Paharis	Mrs. John Sarikakis	Nickolas and Lourdes Varanis
Elaine Makras	Anton and Soteria Panagiotopoulos	Dina Sarris	Harry and Rachel Vastardis
Sophie Makras	Mrs. Connie Panagotacos White	Dr. and Mrs. Theodore Scourkes	Angela Vavuris
Thalia Makras	Dr. Peter Panagotacos	Louis John Selianitis	Andrew Vellis
Victor and Farah Makras	Michael Panas	Michael and Dimitria	Aris Vellis
Greg and Christina Mandanis	John and Helen Panomitros	Koumanetos Serpe	Costas A. and Meena Vellis
Mr. and Mrs. Peter Manetas	Athena Panos	Aaron Sheddric	Kristen and Steve Veros
Catherine Mantzoros	Mr. and Mrs. Peter Pantages	Demetrios and Kyriaki Simotas	John N. Vidalakis
Eugenia Mantzoros	Gregory and Mary Pantages, Sr.	Katherine Simotas	Steve and Sophia Vlahakos
Cynthia Marcopulos	Emanuel and Olga Papadakis	Mr. and Mrs. Cosmas Skinas	Basil John Vlahos
Frances Marinós	Mr. and Mrs. Spiros Papadakis	Thanaci Skorinis	George V. Vlahos
Helen Markanton	Elias and Eleni Papadokonstandakis	Mr. and Mrs. Christopher Smith	Angelo J. Vorrisés
Stavroula Maryannis	Maria Papadopoulos	Mr. and Mrs. Dimitrios Sogas	Denis J. and Renee A. Vorrisés
Nikolaos Mastrokyriakos	Rosita Papadopoulos	Mrs. Rose Sogotis	James D. and Louise J. Vorrisés
George and Cleo Mattis	Christos Papageorge	Mr. and Mrs. Paul Sogotis	Marie V. Vorrisés
Aglaia Mavroudis	Mr. and Mrs. Tom Papageorge	Helen Sooklaris	Stephanie L. Vorrisés
Michael and Gina Mavroudis	Dr. Sophia Papageorgiou	Mrs. Efstratia Soultanakis	Georgia Vouchilas
Mr. and Mrs. Anastasios Mavroudis	George and Lea Papavasilou	Loulouda Souris	Gus Vouchilas
Tasso B. Mavroudis	Robert and Alma Papingu	Jack Spachis	Leo and Michelle Vouchilas
Nektarios L. McKnight	Mr. Louis Paponis	Mr. and Mrs. Mike Spachis	Antonios D. and Thalia Vozaites
Ashurina Medina	Caroline Pappajohn	Georgia Spanos	Michael and Loula Vriheas
Euridice A. Melitas	Andy and Voula Pappas	Michael and Anna Stamatopoulos	Lula Musgun and Andy Weldezghi
Irene Melitas	Frances Pappas	Mr. and Mrs. Marios N.	Neal White
Theano Melitas	Mary Pappas	Stathopoulos	Brett Anastasios V. Williamoson
Beverly A. Meyer	Mr. and Mrs. Aristide Pappas	Nikos and Voula Stathopoulos	Yameane H. Woldemicael
Emanuel G. Milon	Loula Pappis	Panagiota N. Stathopoulos	Helen Woldemicael
Mary Mires	Helen Paras	Frosso Stathoudakis	Andebrhan Woldezghi
Michael and Christina Misthos	Despina Paraskevopoulos	Mr. and Mrs. Peter C. Stephens	Bessy Xapoleas
Mary Mitchel	Yiota Patiris	Ioanna A. Stergiades	John Xidas
George Mitsopoulos	Joan Patropulos	Anna Stratakis	Mary Yannaghas
Mr. and Mrs. Monte Montgomery	Robert and Cathy Peterson	Mr. and Mrs. Ari Stratakis	Denise and Bret Yeilding
Mrs. Helen Morales	Ray and Pamela Piccinini	Georgia and George Stratoudakis	Elizabeth Yisak
Mrs. Nick Moulas	Theodore Picras	Nina Strongylou	Marvin and Bessie York
Vasiliki Moulas	Louis N. Ponticas	Nicholas Svetcoff	Anastasi Yovanopoulos
Melanie Mountanos and	Dean Poulakidas	Shitave Tabor	Eleni T. Zaharopoulos
Steve Pardini	Jennifer Poulakidas	George Tacticos	Twelde Zaid
Michael S. and Erika Mountanos	Sakee and Irene Poulakidas	Esetu Tadesse	Gus and Pope Zakis
S. M. and Helen Mountanos	James and Despina Poulos	Nick and Joy Tamaras	John and Pamfilia Zambelis
George and Dena Mourgos	Jeffrey and Margarita Price	Nick G. and Mauna Tarlson	Panagiotis and Angie Zarikos
Tula Mouroufas	George and Ana Prokopos	Edward and Marina Taylor	Menghiste and Hiwet
Mr. and Mrs. Pete Moussouras	Mr. and Mrs. Andreas Psarras	James and Diane Thomas	Gebremariam Zeru
Helen Munguia	Genevieve Radovich	Natalia Tiches	Maria Zervos
Perri Nager	Nicholas and Anastasia Raggio	Basil and Mary Tonas	Mrs. Evanthia Zografos
Bashar Nashawati and	Demetrius and Helen Rally	Mr. and Mrs. Michael Truóg	Menelaos Zotos
Rawd Samaan	John and Mary Rally	Constantine Tsagaris	

PHILOPTOCHOS NEWS

PHILOPTOCHOS NAMES SIX MOTHERS OF THE YEAR AS IT PREPARES TO CELEBRATE ITS 50TH MOTHER'S DAY LUNCHEON AND FASHION SHOW ANNIVERSARY

The Annunciation Cathedral Ladies Philoptochos is pleased to announce that it has named six worthy mothers as its 2009 Mothers of the Year. The 2009 Mothers of the Year are: **Nan Cusulos**, **Georgia Evangelatos**, **Helen Franco**, **Victoria Koutoulas**, **Rose Sogotis**, and **Louise Vorrises**. *Axies! (Worthy!)* At every Mother's Day Luncheon and Fashion Show the Philoptochos names a single Mother of the Year. Because this is a special anniversary year (the 50th), the women opted to name six Mothers of the Year. The awards will be made at the Mother's Day Luncheon and Fashion Show, to be held at the Cathedral's Korinthias Center on Saturday, May 9, 2009. Invitations are being mailed, and a special commemorative booklet is being compiled, honoring not only our current mothers, but also those who have gone before us. Meanwhile, the Philoptochos is working hard to see to it that this special anniversary celebration is a spectacular one.

The 2009 Mothers of the Year have all been hard working women for Philoptochos and for the community. **Nan Cusulos** has worked for Philoptochos for many years. More recently, she has headed the Angel Christmas Tree project. Currently, she chairs the "Adopt a Seminarian" project. **Georgia Evangelatos** served the Philoptochos as Past President. She continues to work hard. She is the mother of two sons, one of whom, **Father Anthony Evangelatos**, is a Greek Orthodox Priest, serving in the Metropolis of Boston. **Helen Franco** has worked for the community in so many ways, donating some of the Crab Feed food items. In addition to donating the baptismal font, she and her family have donated the entry way display cases, the frames around the icons, and have recovered all 500 of the Cathedral's chairs. **Victoria Koutoulas** works for the Food Festival, works regularly at the Cathedral and, in a very quiet and unassuming way, "adopts" people in need, especially the elderly, providing food, clothing and other items. **Rose Sogotis** has been a hard worker for the Philoptochos and for the community for many years, spending months at a time cooking for the Food Festival, supporting summer camp, especially when for years it took place in Yosemite Valley, and offering housing to people who would come from out of town to offer their services to the Cathedral. **Louise Vorrises** has taught Sunday School, headed the dance group program, and played varsity basketball for the Cathedral, in addition to raising a family, working for the Food Festival, and running a successful day care. All of these women have enriched our lives and set an example for us to follow. Let us make it a point to attend the Mother's Day Luncheon and Fashion Show on May 9th and honor their worthy service.

NEXT COMMUNITY LINK APRIL 18

Please join volunteers from Annunciation Cathedral and Holy Trinity Church for our upcoming Community Link, which will take place Saturday, March 21, from 9 a.m. to noon. We meet at 9 a.m. at church, for prayer and visit assignments, and begin our visits (usually in pairs), by 10 a.m., concluding by noon. Our visits bring joy to our seniors, who are experiencing isolation from their community due to illness, loss, or hardship. This is an excellent opportunity for any age, including teens, adults, children, and families. Many of the seniors we visit need rides to doctor appointments and to church: would you be willing to help by providing a ride? If so, please contact Caroline Pappajohn, at 415 699-5633 or cpappajohn@yahoo.com. Community Link dates for the remainder of 2009 are: April 18, May 16, June 20, July 18, August 15, September 19, October 17, November 21, December 19. All dates are Saturdays. Once again, we begin at 9 a.m.

ADULT GREEK/BYZANTINE CHANT; PLEASE NOTE TIME CHANGE

Both classes take place Wednesday evenings. Byzantine Chant is offered from 6:00 p.m. to 7:30 p.m. and Adult Greek is taught from 7:00 p.m. to 9:00 p.m. Both classes are being taught by **Constatinos Haralambopoulos**, a retired career diplomat. For additional information, please call the Cathedral at 415 864-0000, or visit its web site, www.annunciation.org. The Cathedral is pleased to be able to offer this service to its members. New this year is Greek for children. Please read the article in the "Focus on Youth" section of the present *Herald*.

REAL LIFE, NOT REAL WORLD

Recently I walked into a room where a relative of mine was watching a reality TV show, something that's not uncommon these days, as you know. It was about a very dysfunctional family with six kids, one of whom is a model for various trashy magazines, loves glamour and fame and dates a popular football star named Reggie Bush. The setup of the show is along the same lines as MTV's "Real World," "Life of Ryan," and other reality shows, typically, celebrity reality shows. You've probably heard someone at school or work talk about it. If you don't know about the show, it's called "Keeping up with the Kardashians," and shows like it are all over American television these days- reality television. I'm not sure just how much TV you watch, or what channels are your favorites, but I'm almost positive that a big part of most people's weekly television diet these days includes reality TV.

Frequently in these shows, the main characters talk about their hopes and dreams- Kim Kardashian wants to break into show business, be popular, and be loved. "The Bachelorette" last season wanted to find her dream husband. In shows like these, you have relationships, rivalries, competition, all characters talking about their personal lives, and where they hope to go in life. We get wrapped up in these shows so easily, because we identify with not fictional, but real characters, whose goals in life we often share.

My question to you is this: when these people talk about what they want to do with their lives, what do they use as their guide, their compass? How often do you hear these people say, "This would make me happy," or "I just really want this"? In so many episodes of these shows that I've run across, it seems that these characters are driven by "What do I want," or "what makes me feel good/accepted/popular"? Of course there's nothing wrong with this by itself, because we all have different dreams and things that make us happy. But if being happy is the only "compass" that we use in our lives, then often we're going to find ourselves at points in our lives where we don't know where we're going. For example, the Kardashian family is always fighting; the bachelorette divorced her husband just a few months after she picked to marry him, and how often do people in "Real World," "Survivor," and other shows get mad and hate each other, curse each other out, sleep together, etc? Before we know it, we're watching a show that has nothing to do with what really makes our life meaningful and gives us an awful

example of how to go about our lives.

What gives our life true meaning is not only following what we think our heart wants or whatever makes us happy, but also *finding where God wants us to go*. How God wants us to live our lives and where he wants us to go is the greatest, most fulfilling way we can live our lives. It is not restricting or just a set of rules the Bible tells us to follow- *this is the greatest freedom, greatest compass we can have in life*. What God wants for us is also what's best for us and what makes us the most happy we can be. How many people in reality TV shows do you hear saying "I think this is what God wants me to do"? Probably not many. In the book of Proverbs, there is a verse where God says "Blessed are they who keep my ways," and in some translations, "Happy are they." (8:32) If you apply this to your life, I know you will find this to be the truth. Let us use this freedom, too, as a filter when we watch any entertainment on TV or any pop culture. Try reading your Bible, a little at a time, with your priest as your guide, and opening your mind and heart to God's example for us, not reality television's example. By keeping His ways, you won't have to worry about keeping up with the Kardashians. -*Deacon Nikos Bekris*

DANCE PRACTICE RESUMES; ADULT GROUP TO FORM: GROUPS RE-GROUPED

Following a very successful Folk Dance Festival, and a much-needed rest, Annunciation Cathedral's dance groups began practicing during March in preparation for their dance tributes to **Father Gregory Ofiesh**, at the luncheon which marked the occasion of the 50th anniversary of his ordination to the Priesthood, on March 29. Regular practice resumes in April, with the exception of the week of April 5th (refinishing of the gym floors) and Holy Week, which begins April 12.

Our groups have been:

Spithes (ages 4 to 7), directed by **Irene Kyriacou, Lea Lyberopoulos, Lea Papavasiliou** and **Nicholas Balian**.

Ekrixi (jr. high school), directed by **Leah Stavrakaras** and **Michael Garbaldi**. competed in the Advanced Junior category. Both of their rounds were dances from Macedonia. The dancers did a great job and they won the costume

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award for the girls' cotsume in their category.

Seizmos (high school/adult), directed by **Leah Stavarakas** and **Michael Garibaldi**.

Beginning in April, *Ekrixi* will be directed by **Michael Garibaldi** and *Seizmos* will be directed by **Leah Stavarakas**.

Also, an adult group is being formed, to be directed by **Deacon Nikos Bekris**. The group is yet to be named. Deacon Nikos is asking young adults who wish to dance to contact him by e mail, deacon@annunciation.org, or by phone, 415 864-8000. He will then set an organizational meeting, after Pascha, to decide the scope and objectives of the group, practice days and times, and, of course, a name.

Meanwhile, a meeting took place with the directors of *Erini*, a young group which, however, did not participate in FDE. Our objective is two-fold: to provide a program for all who wish to participate in dance and, at the same time, to grow the groups by bringing more young people into the program. We are grateful for the devotion of the directors, the parents, and the dancers and look forward to an even better program. For additional information, please contact **Athena Stavarakas**, Executive Director at haniotisa@hotmail.com or 650-219-4168.



ANNUNCIATION BASKETBALL

Now in its twelfth year, the Bill Korinthias Hall, named for the person who began the Orthodox Youth Athletic Association, teams with children and young adults practically every evening of the week. Did you know, for example, that, including both Junior Varsity (whose season has just passed) and Senior Varsity (currently going on) the Annunciation Cathedral has had over 140 people involved in its 2008-2009 Basketball program? This is an amazing presence of young people, and bodes well for the future of the Annunciation Cathedral community. Thanks to the coaches and the players for an outstanding season. Let's not forget the parents and all the fans who turn out to cheer on our teams. Please note that the Basketball Awards Luncheon will take place on Sunday, May 31, following the Divine Liturgy. In the Cathedral's Korinthias Hall, of course.

CATHEDRAL VARSITY TEAMS AND COACHES

The Cathedral is pleased to have eight senior varsity teams this season, one in the Adult A Division, coached by Chris Kallas; four in the Adult B Division: B-1 coached by Denis J. Vorrises, B-2 coached by Chris Kyriacou, B-3 coached by Denis G. Vorrises, and B-4 coached by Herb Ramos; and three teams in the High School Division: Girls High School coached by Nick Kontonis; Boys High School 1 coached by Ari Stratakis and Boys High School 2 coached by Chris Kallas. The teams practice on Wednesday and Thursday evenings, 6:30 p.m. to 10:30 p.m.

GAMES IN APRIL

The following Varsity Basketball games will be played at the Annunciation Cathedral:

Thursday, April 2:

- 7:00 p.m. Adult B: Annunciation 4 vs. Holy Trinity
8:00 p.m. Adult A: St. Nicholas Antiochian 2 vs. Holy Trinity

Thursday, April 23:

- 7:00 p.m. Girls HS: St. Gregory vs. Holy Trinity
8:00 p.m. Adult A: St. Gregory vs. Holy Trinity

Sunday, April 26:

- 2:30 p.m. Girls HS: Annunciation vs. St. Nicholas San Jose
3:30 p.m. Boys HS: Annunciation 2 vs. Annunciation Sacramento
4:30 p.m. Boys HS: Annunciation 1 vs. Ascension
5:30 p.m. Adult A: Annunciation vs. St. Nicholas San Jose

Playoff games are scheduled to take place on May 2 and the Championship games will take place on May 3. For further information, please refer to www.oayaasportscentral.com.

APRIL 26 IS ORATORICAL FESTIVAL SUNDAY

On Sunday, April 26, Cathedral Sunday School students, Grades 5 through 12, will participate in the St. John Chrysostom Oratorical Festival. Our students are working on topics ranging from scriptural passages to lives of the saints, to ancient Greek philosophical citations, to be able to compete in the Festival. This, in turn, helps make for more knowledgeable and committed Orthodox Christians. The Festival will take place in the Chapel, following the Divine Liturgy. It will be overseen by **Deacon Nikos Bekris**.

GREEK SCHOOL FOR LITTLE KIDS

Yes, Greek School for little kids!!! And all thanks to **Pamfilia Zambelis**, **Demetra Armenakis**, and the parents of (to date) fourteen six-year-olds or so. Classes are going to be held at the Cathedral, in a regular classroom, beginning Saturday, January 10 and ending Saturday, June 13, noon to 2 p.m. There will be a break for Pascha and, of course, breaks during each session. Regarding tuition, we are suggesting \$220 per child, which comes out to roughly \$10 per child per session. There will be no additional fees for books or supplies, although a pencil and eraser will be helpful. Registration will take place on the first day of class, which will also serve as an orientation. **Demetra** would like to use the first class to get to know the children and assess their learning levels. Pamfilia has agreed to serve as the Coordinator for the class, interacting with parents about schedules, special programs, and the like. We are very excited that the Cathedral is, once again, able to offer this service to our children, teaching them the songs, language, and customs of our Greek heritage and legacy.

ERITREAN SCHOOL

There has been a good showing of young people of Eritrean heritage who meet at the Cathedral on Saturdays, noon to 2 p.m. and learn the language and culture of their country. For years, Eritrea, a country situated along the coast of the Red Sea, was for centuries a part of Ethiopia, a country where Christianity was spread in the earliest days, following the death and resurrection of Christ. More recently, Eritrea received its independence and is a separate country. However, it continues to practice its Coptic Orthodox Faith, using Tigrinya as its liturgical language, rather than Amharic, the ancient language of the Coptic Church. Those interested in attending Eritrean School are invited to attend; classes begin on Saturdays, at noon.

ALTAR BOY SERVICE

One of the joys of being an Orthodox Christian youth is the opportunity to serve in the altar. The Cathedral has a good group of young men and women, willing to serve. The girls serve during Holy Week, as part of a group known as the *Myrrh Bearers*. We are currently looking into how they may also serve during the rest of the year, as well. The boys serve during the Sunday Divine Liturgy, as altar boys or acolytes.

We thank all the boys who come to serve with us in the altar each and every week. Because the make-up of the altar boy groups has changed since last September, the altar boy groups will be reexamined and reorganized. In the meantime, we encourage all our boys to come to the altar when they are able to in order to serve the Lord in this special way, and if we have enough boys, to attend Sunday School in order to learn about our faith there, as well.

SERVICE

Once again, Annunciation Cathedral will sponsor a Family Summer Camp. Our 9th Annual Family Camp will take place August 7 through August 12 (six nights, five days), at the Casini Ranch Family Campground, along the Russian River. We invite you to experience the beauty of California's North Coast by participating in the Cathedral's summer camp program. The Campground consists of 120 acres, and includes a mile of sandy waterfront. Enjoy hiking, bicycling, volleyball, softball, horseshoes, fishing, Bible study and morning and evening prayer services, not to mention campfire, drifting along the river in a canoe, or just relaxing on the beach. Space is limited, and reservations are on a first come first serve basis. The Cost of \$370 for a family of 2 persons, \$390 for a family of 3 persons, \$410 for a family of 4 persons, and \$430 for a family of 5 persons includes all meals, but does not include the cost of a tent. Reservations and fees are due by July 11, 2009. For reservations and additional information, please call **Patty Rally**, at 650 344-3773.

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Altar Boy Schedule for April:

April 5: Group 2
April 11: Group 3 (Saturday of Lazaros)
April 12: Group 1 (Palm Sunday)
April 12: Group 2 (Palm Sunday evening)
April 13: Group 3 (Holy Monday evening)
April 14: Group 1 (Holy Tuesday evening)
April 15: Group 2 (Holy Wednesday evening)

April 16: Group 3 (Holy Thursday evening)
April 17: Group 1 (Holy Friday *Apokathylosis*)
April 17: Groups 2 and 3 (Holy Friday evening)
April 18: Group 1 (Holy Saturday morning)
April 18: Groups 1, 2, and 3 (Pascha)
April 19: Group 2 (Pascha morning)

The schedule will afford all boys the opportunity of serving in the altar and, at the same time, attending Sunday School, while ensuring that we will have enough boys to assist at the Divine Liturgy and other church services.

O radiant light of holy glory, the immortal Father, heavenly and holy, blessed Jesus Christ.
And now that we have come to the setting of the sun with all the light of eventide, we praise You the Father, Son, and Holy Spirit, One God. It is worthy at all times to praise You, with voices of holy song, O Son of God and giver of life, the world does glorify You.

Vesperal Hymn: O radiant Light, Phos Ilaron

SUNDAY SCHOOL KORNER

Sunday School thanks the teachers, the parents and, above all, our young people for their exceptional participation in the Cathedral's religious education program. Please continue to support the efforts of our Sunday School, which aims to impart our Orthodox Faith and heritage to all, and especially to our children. Meanwhile, please note the Sunday School calendar for the remainder of the 2008-2009 school year:

April 5 Regular classes held. Godparent's Sunday. Children receive Holy Communion together with their Godparents. (Father Stephen visits upper school classes to discuss Oratorical Festival topics)
April 11 Divine Liturgy (Saturday of Lazarus), followed by palm tying
April 12 Palm Sunday (class photos taken: dress your best!)
April 17 Great and Holy Friday (TGI Pascha youth event, 9 a.m. to 3 p.m.)
April 19 Great and Holy Pascha (classes are not held)
April 26 Regular classes held (Oratorical Festival at the conclusion of the Liturgy)
May 3 Regular classes held (Sunday of the Myrrh Bearing Women)
May 10 Regular classes held (High school class to make prosforo)
May 17 Youth Liturgy
May 24 Regular classes held (Sunday of the Blind Man)
May 31 Regular classes held (The Fathers of the First Ecumenical Council)
June 7 Pentecost/Sunday School Graduation following the Liturgy

A P R I L C A L E N D A R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Presanctified Liturgy, 10 a.m. Byzantine Chant, 6:00 p.m. Varsity Basketball, 7:00 p.m. Adult Greek, 7:00 p.m.	Varsity Basketball, 7:00 p.m.	Akathystos, 7 p.m.	Greek School noon to 2 p.m. Eritrean School, noon to 2 p.m.
5	6	7	8	9	10	11
Orthros 9 a.m., Divine Liturgy 10:30 a.m., Class on Orthodoxy 9 a.m. Bible Study noon Dance practice 12:30 p.m. Godparents Sunday		Dance Practice 6:30 p.m. - 9:00 p.m.	Byzantine Chant, 6:00 p.m. Varsity Basketball, 7:00 p.m. Adult Greek, 7:00 p.m.	Varsity Basketball, 7:00 p.m.		Saturday of Lazaros, Liturgy 10 a.m. Greek School noon to 2 p.m. Eritrean School, noon to 2 p.m.
12	13	14	15	16	17	18
Palm Sunday Orthros 9 a.m., Divine Liturgy 10:30 a.m., Class on Orthodoxy 9 a.m. Bible Study noon Dance practice 12:30 p.m. Bridegroom Service 7 p.m.	Holy Monday Bridegroom Service 7 p.m.	Holy Tuesday Bridegroom Service 7 p.m.	Holy Wednesday Holy Unction, 7 p.m.	Holy Thursday Divine Liturgy, 10 a.m. The 12 Gospels, 7 p.m.	Holy and Great Friday Great Hours 10 a.m. Descent from the Cross, 1 p.m. Lamentations, 7 p.m.	Holy Saturday Divine Liturgy, 7 a.m. Community Link 9 a.m. Vigil 11 p.m. Pascha midnight
19	20	21	22	23	24	25
HOLY PASCHA Agape Vespers 11 a.m. Class on Orthodoxy 9 a.m. Bible Study noon		Dance Practice 6:30 p.m. - 9:00 p.m.	Byzantine Chant, 6:00 p.m. Varsity Basketball, 7:00 p.m. Adult Greek, 7:00 p.m. Parish Council 7 p.m.	St. George Divine Liturgy 10 a.m. Varsity Basketball, 7:00 p.m.		Greek School noon to 2 p.m. Eritrean School, noon to 2 p.m.
26	27	28	29	30		
Orthros 9 a.m., Divine Liturgy 10:30 a.m., Class on Orthodoxy 9 a.m. Bible Study noon Dance practice 12:30 p.m. Oratorical Festival		Dance Practice 6:30 p.m. - 9:00 p.m.				



ΑΝΑΦΟΡΙΚΑ ΜΕ ΤΟ ΚΤΙΣΗΜΟ

Όπως αναφέραμε σε προηγούμενο μας δελτίο, τις 4 Ιανουαρίου το Κοινοτικό Συμβούλιο απεφάσισε να προχωρήσει με τη δεύτερη φάση (δηλ. το κτίσημο του ναού και πάρκιγκ) στη παρούσα θέση, δηλ. στη Βαλέντσια. Αναφέραμε επίσης το αναλυτικό άρθρο που τυπώσαμε στο δελτίο του Φεβρουαρίου. Εκεί πορεί να διαβάσει κανείς το ιστορικό του όλου θέματος της οικοδομής, της μεταφοράς, το 1928, από άλλη θέση στην παρούσα θέση, της προσπάθειας εύρεσης άλλης θέσης μετά τον σεισμό του 1989, ακόμα και μετά την αποπεράτωση της πρώτης φάσης, κλπ.) Οι σχεδιαστές του Καθεδρικού Ναού (αυτοί που σχεδίασαν και τη πρώτη φάση) έχουν τελειώσει τα πρωταρχικά σχέδια (δηλαδή, έκαμαν κάποια μετατροπή σ' αυτά που είχαν ήδη κάνει), τα οποία και εδείξαμε στα μέλη της Κοινότητας στη Γενική Συνέλευση των μελών, που έγινε στις 15 Μαρτίου. Προσλάβαμε και μηχανικό για την μελέτη του εδάφους, και προβαίνουμε σε θέματα γύρω από την εκλογή κτίστη. Στο μεταξύ, το Κοινοτικό Συμβούλιο ώρισε τέσσερες επιτροπές, οι οποίες θα ασχοληθούν με το θέμα της οικοδομής. Η μία είναι η Οικονομική Επιτροπή. Αυτή θα ασχοληθεί με την καταγραφή εσόδων και εξόδων. Η δεύτερη είναι η Επί της

Χρηματοδότησης. Αυτή θα ασχοληθεί με την συλλογή των απαιτούμενων πόρων. Η τρίτη θα είναι η Επί των Δημοσίων Σχέσεων. Αυτή θα προβάλλει το σχέδιο στις εφημερίδες, στα μέσα ενημέρωσης, στα μέλη του Καθεδρικού, στους πιστούς της Μητροπόλεως, της Αρχιεπισκοπής, κλπ. Η τελευταία θα είναι η Επί της Οικοδομής. Αυτή θα ασχοληθεί με τους σχεδιαστές, με τους μηχανικούς, με την Πόλη όσον αφορά των απαιτούμενων αδειών, κλπ. Εάν προχωρήσουν όλο όπως προβλέπεται, πιστεύουμε πως το σχέδιο δύναται να υποβληθεί στα μέλη του Καθεδρικού για συζήτηση και ψήφο κατά τον Σεπτέμβριο του 2009. Η δε οικοδομή προβλέπεται να αρχίσει κατά το καλοκαίρι του 2010. Και η αποπεράτωση της οικοδομής κατά το τέλος του 2011. Ο Θεός μαζί μας.



ΓΕΝΙΚΗ ΣΥΝΕΛΕΥΣΗ

Την Κυριακή 15 Μαρτίου θα έλαβε χώρα η πρώτη Γενική Συνέλευση των μελών του Καθεδρικού Ναού. Αφού έγιναν, η προσευχή, η εκλογή προέδρου της Συνέλευσης, η αναφορά Γραμματέως, η αναφορά - απολογισμός Ταμίας, η αναφορά της επιτροπής Στουάρντσιπ, η αναφορά της επιτροπής νεολαίας, και η αναφορά σχετικά με το πρόγραμμα οικοδομής, εξελέγησαν μέλη της ονομαστικής επιτροπής (για τις Κοινοτικές εκλογές που θα λάβουν χώρα στις 13 Δεκεμβρίου) ο Αντώνης Αμπαδιοτάκης, η Ανέτα Τσαπάρη και ο Βασίλης Τόνας, εξελέγησαν μέλη της εξελεγκτικής επιτροπής η Αγγελική Λεβέντη, ο Γιώργος Μάτης, και η Χρηστίνα Χέϋ, τέλος εξελέγησαν εκπρόσωποι εις τη Κληρικο-λαϊκή Συνέλευση της Μητροπόλεώς μας στις 4-5 Μαΐου, εκτός από τον Πατέρα Στυλιανό και τον Πρόεδρο του Συμβουλίου, ο Δημήτρης Βορρίσης και ο Δημήτρης Δαριώτης.

**Η ΜΕΛΙΝΑ ΚΟΣΤΟΥΡΑΚΗ ΝΑΒΑΡΕΤ ΕΞΕΛΕΓΗ
"ΓΥΝΑΙΚΑ ΤΟΥ ΕΤΟΥΣ", Η ΔΕ ΛΟΥΙΖΑ ΒΟΡΡΙΣΗ,
Η ΓΕΩΡΓΙΑ ΕΥΑΓΓΕΛΑΤΟΥ, Η ΙΦΙΓΕΝΕΙΑ
ΚΟΥΣΟΥΛΟΥ, Η ΒΙΚΤΩΡΙΑ ΚΟΥΤΟΥΛΑ, ΣΩΤΗΡΙΑ
(ΡΟΖ) ΣΟΓΟΤΗ, ΚΑΙ Η ΕΛΕΝΗ ΦΡΑΓΚΟΥ
ΕΞΕΛΕΓΗΣΑΝ "ΜΗΤΕΡΕΣ ΤΟΥ ΕΤΟΥΣ"**

Μόλις πριν το γεύμα, στις 25 Μαρτίου, μετά τη Θεία Λειτουργία με την ευκαιρία της μεγάλης διπλής εορτής, του Ευαγγελισμού της Θεοτόκου και της Ελληνικής Ανεξαρτησίας, ονομάστηκε η Μελίνα Ναβαρέτ "Γυναίκα του Ετους". Γνωστή για τη δραστηριότητά της, η Μελίνα εργάζεται αδιαλείπτως για την Φιλόπτωχο, για την Εκκλησία, για όλες τις κοινοτικές εκδηλώσεις. Άξια! Στο μεταξύ, εφ' όσον η Φιλόπτωχος Αδελφότης του Καθεδρικού Ναού εφέτος τελεί το 50' ετήσιο γεύμα με την ευκαιρία της Εορτής της Μητέρας, που θα γίνει στην μεγάλη αίθουσα του Καθερικού Ναού στις 9 Μαΐου, απεφάσισε να τιμήσει περισσότερες από μία μητέρα. Εξέλεξε, εφέτος, έξι άξιες μητέρες. Όπως εσημειώσαμε στον τίτλο του παρόντος άρθρου, οι Μητέρες του Έτους 2009 είναι, η Λουίζα Βορρίση, η Γεωργία Ευαγγέλατου, η Ιφιγένεια Κουσούλου, η Βικτώρια Κούτουλα, η Σωτηρία Σογότη, και η Ελένη Φράγκου. Ονομάστηκαν Μητέρες του Έτους 2009 για τη δραστηριότητά τους, για όσα έχουν προσφέρει στη Φιλόπτωχο, τη Κοινότητα, ακόμα και κρυφά, στους συνανθρώπους τους. Άξιες.

5 ΑΠΡΙΛΙΟΥ, ΗΜΕΡΑ ΑΝΑΔΟΧΩΝ, ΑΝΑΔΕΚΤΩΝ

Όπως κάθε χρόνο, έτσι και εφέτος στον Καθεδρικό Ναό, στις 5 Απριλίου, θα εορτασθεί η "Ημέρα αναδόχων και αναδεκτών." Ο εορτασμός αυτός γίνεται συνήθως την Κυριακή πριν από την Κυριακή των Βαΐων. Δίνει την ευκαιρία σε όλους να εκκλησιασθούν, νονοί και παιδιά, μαζί, να συμπροσευχηθούν, να κοινωνήσουν τα άχραντα Μυστήρια, να ανανεώσουν τον ιερό δεσμό μεταξύ αναδόχων και αναδεκτών και, τέλος, να συμφάγουν μετά το πέρας της Θείας Λειτουργίας. Αναμένεται ότι και εφέτος ο εορτασμός θα έχει αρκετή επιτυχία. Παροτρύνουμε τους πιστούς μας όπως επικοινωνήσουν, παιδιά με τους νονούς και νονές τους, νονοί με τα αναδεκτά τους, και όπως καλέσουν οι μεν τους δε και εκκλησιασθούν μαζί στις 5 Απριλίου, έτσι, μαζί να μουν στη Μεγάλη Εβδομάδα και στην Ανάσταση του Χριστού μας.

Marriage is more than human. It is a "microbasileia," a miniature kingdom, which is the little house of the Lord.

Saint Clement of
Alexandria
Third Century



For the correct upbringing of your children: few words, much example, and more prayer are necessary.

Reverend Father
Epiphanius Theodoropoulos
Counsels for Life



An important part of a child's education is storytelling, since good stories excite the imagination and strengthen the bond between parent and child. Stories from the Bible are preferred, and the child should repeat them often, to underscore full comprehension.

Saint John Chrysostom
Fourth Century, Antioch

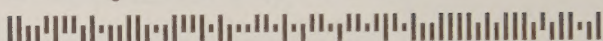


Fathers and mothers: Go and lead your child by the hand into the Church.

Saint John Chrysostom
Fourth Century, Antioch



Orthodox Institute
2311 Hearst Ave
Berkeley CA 94709-1319



Sacraments and Services

BAPTISMS

Symona, daughter of **Elias Degu** and **Senait Abraha**, was baptized March 15.
Her sponsor is **Adhanet Debesay**.

Meeka Juliana, daughter of **Carlos Kentrell Washington** and **Ashorina Medina**, was baptized March 21. Her sponsors are **Alexander Georges** and **Mariam Arsinoos**.

Na mas zisoun!

FUNERAL

Frank James Fotenos, who fell asleep in the Lord on March 9, was buried on March 12. His survived by **Kaliope Fotenos**, his wife, and their children, **James** and **Christina Fotenos**, and their children.

Aionia I Mnimi! (Eternal memory!)

The Cathedral extends its deepest sympathies to **Gregory A. Melissaratos** upon the falling asleep in the Lord of his sister, **Eugenia Kahila Agathangelos Melissaratos**, on March 6, as well as to all her friends.

Aionia I Mnimi! (Eternal memory!)

